542 world's championship in Helsinki (1937) and in
[524] Lucerne (1939). Chess also is widely played.
[541] Estonian Games, like the Singing Festivals, were arranged at five-year intervals in all types of sports. Performances of folk dances were especially impressive, with hundred of pairs of dancers participating.

Estonian athletes continue to excel also under the Soviet rule, but they appear on U. S. S. R. teams and their nationality is not mentioned.

181 Basic attitudes. Estonians are not always an easy-going people. They have to a certain degree the "heavy spirit," a kind of basic suspiciousness and distrust and a tendency toward pessimism. Their hard past and the injustices suffered at the hand of their conquerors are perhaps good reasons for these attitudes.